

# A LITRG guide for the armed forces

**General Features**

**Personal tax**

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LITRG has published a guide to help armed forces personnel deal with their tax affairs, supplementing the range of guides already available on its website.

Armed forces personnel can find their tax position difficult to navigate due to several reasons: the complex system of allowances paid to them; how tax is paid on those allowances, if they are taxable; how they can claim additional tax relief on particular travel payments; their tax position when they are posted overseas; the state benefits they may be able to claim while serving in or after leaving the armed forces; and the taxation of any payments received when they leave the armed forces through retirement, redundancy, ill-health or their contract ending.

As part of an HMRC-funded project, LITRG has produced a guide for the armed forces, covering all of the above points and providing information that will be useful for family members and advisers who have clients who are or were in the armed forces. There is also a whole new section on the LITRG website devoted to the armed forces and their families. This provides more detailed information on these areas as well as capital gains tax and inheritance tax.

The [Armed Forces guide](#) and the [website pages](#) may be accessed on the LITRG website.